

SPORTS & FITNESS

B SECTION

On Post

Basketball, Cheerleading
Youth basketball and cheerleading registration is now underway, and ends Friday or when teams are full.

Register for teams Monday through Friday from 8 a.m. to 6 p.m. at Child and Youth Services, Building 443.

Registration is open and free to CYS members. Basketball is open to ages 5 through 18, and cheerleading is open to ages 6 through 13.

Uniforms will be provided by CYS.

Newman Consultations

The Newman Physical Fitness Center now offers free personal training consultations. Consultations consist of health screenings, exercise prescription and nutritional counseling.

For more information, call 767-2771.

Tae Kwon Do Classes

Tae Kwon Do will be offered at the Hunter ACS building Tuesdays and Thursdays from 6 p.m. to 7 p.m.

Sports USA Events

Weekly events — Monday Night Football, 4 p.m., Thirsty Thursdays drink specials, 4 p.m. to 12 a.m. Friday, Top 40/R&B DJ, 9 p.m. to 3 a.m. Saturday College football and NASCAR, open to 4 a.m., Sunday Ticket Football, NASCAR.

Pilates

Pilates classes are held Monday, Wednesday and Friday in the Palmetto Room at Club Stewart, from 6 to 7:15 p.m. Cost is \$45 per month. Sign up prior to 6 p.m. For more information call Jake at 767-3033.

Basketball

Intramural basketball season starts Dec. 6. Units should submit a memo to the Fort Stewart Sports Office Bldg. 471, and Hunter to Bldg. 925.

For more information call 767-8238 or 352-6749.

Bowling

Bowl for \$1 and get shoes for \$.75 on Fridays, 11 a.m. to 6 p.m. Bowl for \$1.25 and \$1 for shoes Sunday, Family Day, all day at Marne Lanes Bowling Center.

Ju-Jitsu Classes

Caro Fitness Center is holding 1 1/2 hour Ju-Jitsu classes Tuesday and Thursday at 6 p.m. weekly.

The cost is \$45 per student and to schedule a class call 767-7090.

Special Olympic Games

Volunteers are needed for the 2004 Winter games at Marne and Stewart Lanes, Friday. Any assistance is welcome and rewarding.

Off Post

PT Alert

Units can schedule a PT session with a YMCA aerobics or kick boxing instructor at either Fort Stewart or our Hinesville facility.

There is no charge for this service.

If you're interested in having your sports articles, commentaries or briefs posted in The Frontline, call 767-3440, or fax at 767-9366. Deadline is noon on Fridays.



Pvt. Dan Balda

A Black Diamonds defender prepares to clear the ball during the Fort Stewart Intramural Soccer Championship game held at the Fort Stewart Sports Complex Nov. 19. The Black Diamonds won the game and finished the season undefeated at 11-0-1.

Black Diamonds take title over Sentinels

Pvt. Dan Balda

4th Bde.

The 92nd Engineer Battalion Black Diamonds defeated the 4-3 Brigade Troop Battalion Sentinels 2-1 in a hotly contested match Nov.19.

On the line was much more than just the 92nd's record of 10 wins and one tie. The Fort Stewart Intramural Soccer Championship was up for grabs and both teams were determined to do their best to claim the trophy as their own.

"All of the people on our team have played together for at least two years," said Cheryl Mitchell, a Black Diamonds midfielder.

"Some of us have played together longer. That has helped us build towards a great combination of skill level, the ability to play as a team, a competitive spirit and a lot of determination. We should do well today."

The game began with both teams threatening to score with a few close calls but no goals were scored in the first quarter. The Black Diamonds had a couple of opportunities to score on break-aways but seemed to attempt to walk the ball into the goal, not realizing that the Sentinels defenders refused to give up and were doing their best to disrupt any chances for a goal.

The Black Diamonds persever-

ance finally came through when one of their midfielders broke the scoreless tie with a well placed shot that the Sentinels goalkeeper barely missed.

Both teams continued to threaten to score but were unable to make good on their effort before halftime.

The second half became a little more heated as a couple of yellow cards were dealt out to Sentinels players for a little extracurricular conversation with the referee.

As the Sentinels realized time was ticking away they began to take more chances on the offensive end. Coupled with the extreme effort put forth in the first half, the Black Diamonds

began putting more shots on goal. They had a three on one advantage negated on a suspect off sides call but continued the offensive onslaught nonetheless.

The Black Diamonds effort paid off again when one of their players made a one-on-one move to leave the defender in his dust while he calmly put the shot in the back of the net. After scoring the goal the player let everybody in earshot know who had scored the goal.

After the Black Diamonds went up 2-0, the Sentinels seemed to lose the wind in their sails and

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Army NASCAR team revving for 2005 season

Sgt. Julie Jewell

Army News Service

HOMESTEAD, Fla. – With a late season win and a spurt of top-10 finishes, NASCAR driver Joe Nemechek and his Army-sponsored team are looking ahead to an even better 2005 season.

Despite a 27th-place finish in the final 2004 season race Nov. 21 at Homestead, Nemechek and others are pumped about the team's performance in the last couple of months. Nemechek finished the 36-race season in 19th place, with an Oct. 10 first-place finish in Kansas, two poles, three top-five's and nine in the top-10.

"Our goal for next year is to win more," Nemechek said. "We got a taste of it this season, and we want more. We know we can do it."

This was Nemechek's first full season behind the wheel of the Army's black and gold 01 Chevrolet. Jerry Nadeau was in the driver's seat until a May 2003 crash during a practice run at Richmond International Raceway left him with a head injury. Several drivers filled in until Nemechek was brought in for the last four races of the 2003 season. Nadeau continues to recover.

Up and down season

Nemechek started the season on a promising note, finishing sixth in the Daytona

500. A series of mechanical glitches began plaguing the team, however. Nemechek was holding third place in Michigan when the motor broke with 20 laps left, said crew chief Ryan Pemberton. The same thing happened in Texas, when he was running in the top five, and again at Talladega. Nemechek was up front in Pocono when the transmission went out.

Speed was never a factor, Pemberton noted.

"We had a shot at all of them," Pemberton said. "We're as competitive now as we were then, we just started getting some breaks."

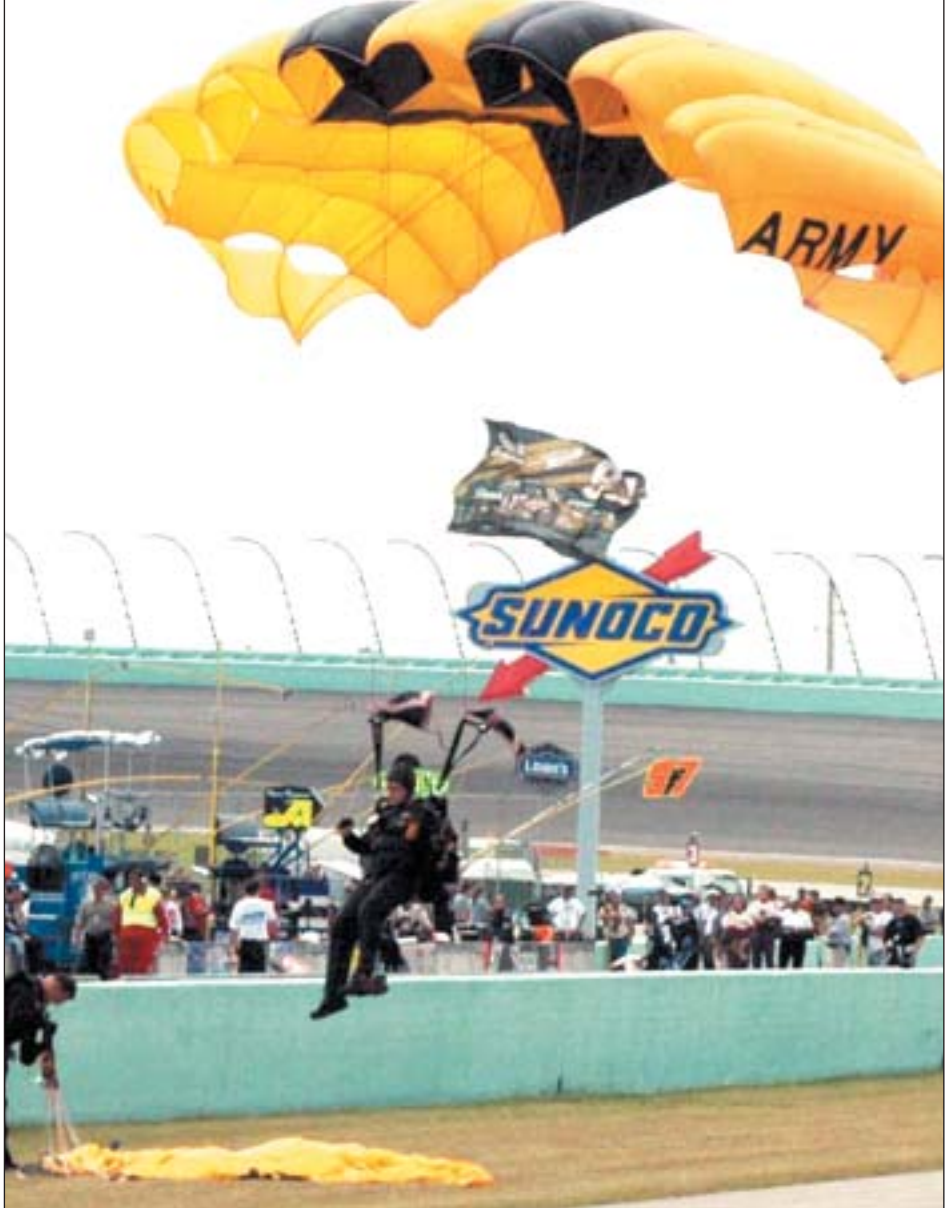
Pemberton looks forward to the breaks continuing into the next season, but said the team can't rely on momentum to push the 01 Chevy into top finishes.

"We have to continue to work hard," he said. "We have to keep doing what we're capable of doing."

Thanking heroes with victory

Steering the Army car into victory lane is a boost for the team, but Nemechek wants to park it there for other reasons. With a desert camouflaged-G.I. Joe doll riding shotgun, Soldiers enmeshed in the war on terror are always on his mind as he flies around the track at speeds pushing 200

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Sgt. Julie Jewell

Members of the U.S. Army Parachute Team, the Golden Knights, dropped onto the race track before the start of the Ford 400 NASCAR championship race with the flags of the top five contenders.

Soccer

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started taking out their aggressions verbally. Another Sentinel was shown a yellow card for talking to the referee, followed by a teammate doing the same exact thing with about three minutes left in the game.

The Black Diamonds had another chance for a breakaway goal but one of the Sentinel defenders showed a lot of heart by chasing him down from halfway across the field to disrupt his shot at the last second. The Sentinel 'never say die' attitude continued to the very end when they blasted the ball from point blank range to crawl back to one goal down at 2-1.

The final whistle sounded not long after the last goal signaling a championship trophy and an undefeated season for the Black Diamonds.

Marietta Squire, midfielder for the Sentinels. "One of our problems was that we had a hard time adjusting to playing together after being away at Joint Readiness Training Center for a couple of weeks in the middle of the season," said Marietta Squire, a Sentinels midfielder.

"We didn't play as well today as we usually do," Squire said. "Midfield was just connecting the passes from front and back."

On the other hand, the Black Diamonds' years of hard work had finally paid off.

"Our team has been in the championship for the last three years and we haven't been able to bring a trophy home," said Enzo Llufire, a Black Diamonds' midfielder. "We had great chemistry and a lot of really good players. It helped us spread the ball around more and talk on defense."

Both teams played exceptionally hard and deserved to be in the championship game.

Squire said, "Regardless of how the season ended, it was a lot of fun and I'm really proud of our team".

NASCAR

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miles per hour. Ultimately, that's who he wants to win for, Nemechek said.

"They are the heroes in my life, and in my family's lives," Nemechek said.

Army leaders are impressed with the team's efforts this season, and look forward to even better results next year.

Linking Soldiers to sports

"We know we have the right team. Joe's a tremendous guy, we couldn't ask for more to represent the Army team," said Lt. Gen. Anthony Jones, deputy commanding general/chief of staff of the Training and Doctrine Command.

Sponsoring a NASCAR team does more give the Army high visibility in one of the most-watched sports in the country, Jones said. It gives Soldiers, both near and far, a personal connection to the popular sport, he added.

"It gives Soldiers something to cheer for, especially those overseas," said Jones, noting the success of other Army-sponsored sports like the National Hot Rod Association, Pro Stock Bike Riding and the Professional Bull Riders Association. "We have winning teams. That's what the Army is all about."



Sgt. Julie Jewell

Joe Nemechek drove the Army-sponsored 01 Chevy to a 27th-place finish in the last NASCAR race of the season Nov. 21. Nemechek came in 19th overall for the 36-race season.

Marne Scoreboard

Basketball	
2004 Stewart Intramural Basketball League Scores Nov. 22	3rd Det., 3rd Sig. 58 , 26th FSB 49 1st Det., 3rd Sig. 49 , A Co., 3/7 Cav. 35 HHC, DISCOM 49 , HHB, 1/9 FA 43 B Co., 92nd Eng. 2 , HHC, 1/3 BTB (Fortiet) A Co., 92nd Eng. 42 , B Co., 1/41 FA 39
	Nov. 29 A Co., 1/41 FA 56 , E Co., 26th FSB 51 B Co., 2/3 BTB 75 , B Co., 3/69 Armor 45 A Co., 1/76 FA 2 , FSC, 4/64 Armor (Fortiet) 3rd SSB 48 , HHC, 3/15 Inf. 45 MEDDAC 2 , 15th ASOS (Fortiet) A Co., 3rd BTB 47 , 632nd Maint. Co. 42 A Co., 3rd FSB 63 , 92nd Chem 44 D Trp., 5/7 Cav. 51 , A Co., 2/7th Inf. 48 B Co., 4/64 Armor 44 , C Co., 2/7 Inf. 38

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